

May 1, 2015



INDEPENDENT AND ASSISTED LIVING

Red Oak Residence

Home Safety

A home can have many hazards. Knowing what those hazards are can help you make your apartment or a visit to a friend's home safer. Changes in the aging body such as problems with balance, hearing or vision, which make falls more likely. Osteoporosis, or weakening of the bones, can cause a joint to give way or a bone to break. (Psst, calcium supplements can help prevent osteoporosis). In these cases the broken bone leads to a fall.

Some medications can cause dizziness, which can cause a fall. If you are dizzy when getting up in the morning, move slowly and let your feet dangle over the side of the bed until the dizziness subsides. At Red Oak we have emergency call cords in the bedroom that you can activate if you need help getting up. Have your blood pressure checked at the health clinic, both high and low blood pressure can cause dizziness.

It's common for seniors to take 4 or more medications daily. Many people add over-the-counter drugs, vitamins and herbal remedies to their prescriptions. This mixture of chemicals can cause you to be dizzy, drowsy and off-balance.

Most cold medicines are off limits to people with high blood pressure as the drug ephedrine works against their medication. There are many kinds of interactions and possible side effects so it is important that your doctor knows about every pill you consume.

Have you or those around you noticed a change in your hearing? Hearing loss can cause you to be dizzy or have balance problems because of changes in the inner ear. Older ears are easily impacted with wax. Have you had your ears checked recently? The audiologist is at Red Oak on the second Friday of each month. There is no charge to have Craig check your hearing.

Craig works with every major hearing instrument manufacturer in the country so it doesn't matter what type of hearing instruments you have. Craig will be happy to assist you. Have you or those

Dia de las Madres Fiesta!

Saturday, May 16th

2:00-3:00

Please join us for a fun afternoon of delicious Mexican hors d'oeuvres and a great time as we celebrate our mothers! Always a family event, so please do invite kids and grandkids!



around you noticed a change in your vision? Poor vision can make it hard to see obstacles and to judge the depth of stairs. Glasses that don't fully correct your vision can cause you to trip or lose your balance. Lighting can also play a role in vision to improve naturally diminishing depth perception.

Did you know that Red Oak has 3 times the lighting of a regular home or apartment? Adding a table lamp to areas in your apartment prone to shadows will help you see better.

And then there are our fashion disasters such as clothing or furniture choices that can put you at risk for an accident. Love that old robe but it drags on the floor? You may trip over it. Do your slippers flop or are your high heels spiked? Being careful about what you put on your feet can help you avoid a fall. Shoes with non-skid bottoms, low heels, and firm fastenings can help keep your feet firmly planted. Choices in home furnishings can also make your environment safer. Chairs with straight strong backs and sturdy armrests make it easier to get up and down. (Like the ones in our dining room, library and country kitchen). When chairs are too low, getting in and out of them can throw you off balance. They should be at a comfortable height. Walking around tables with hard, sharp corners can be tricky. In general, center-of-the-room coffee tables are a bad idea if you use a cane or walker. Tables with rounded corners and sturdy legs are safest. And remember, toilet paper holders and towel racks are not grab bars. Both you and the wall fixture will come loose and end up on the floor when used inappropriately. In most situations, Red Oak will approve the addition of an extra grab bar to accommodate your needs and our handyman will install it for you (just be sure to check with Laure Anne before going out and buying one so you know which ones are approved for our setting). Floor rugs are another fall hazard – so easy to trip over. Even when the furniture is safe, a crowded living area can be a

hazard. It's a good idea to make sure things are arranged so you have plenty of space to walk through the room.

Safety is a team project. Red Oak caregivers, housekeeper, maintenance personnel, you and your family are part of the safety team.

Spring House Cleaning Special

Each week the housekeeper enters your apartment to vacuum the carpet, mop the vinyl floors, scrubs the toilets, sink and shower. She strips the bed, launders those linens and then remakes the bed.

Several clients have asked if the housekeeping could do additional services. The answer is yes! For a limited time, we are running a spring housecleaning special and can schedule 1:1 time with the housekeeper on Fridays in one hour increments. The cost is \$25.00 and you can standby to direct specific chores such as dusting, closet organizing, unpacking, etc... Simply make an appointment at the front desk. The spring cleaning sale ends June 12th .

News & Notes

- Our thanks to David Kelly for brining us a beautiful Easter Lilly in honor of his mother.
- Many thanks to The Brown family for the great Easter treats and for all their work sprucing up the back patio area!
- Got the itch to play in the dirt? Adopt a planter in the backyard and plant your favorite posies. Just ask at the front desk.
- You have probably noticed some new faces on our staff team lately. Welcome to Terra Hughes who is learning the housekeeping and dining room positions; also

to Judy Peacock who will be working in the AM Dining room position once she completes her training. Katie Glover, our housekeeper, has begun training to become a caregiver, so expect to see her in a different role as she goes through the classes and tags along with caregivers here to learn the routines.

Dear Staff & Residents,

We can't thank you enough for coming to our aid on such short notice– you were a life saver– and not just us– you gave my mom the best care possible in a most beautiful setting!

I know my mom was not easy to deal with and I thank-you so much for your patience, caring and understanding. I am so impressed by your staff– how caring they are for some so young!

Again, please read at a noon dinner, as I'm not sure I could do it in person.

Many thanks and love,
Brad & Cheryl Elschepp

Interested in a tour?

We are proud to have been voted Best Senior care in the valley since 2004 by the Valley Record. Red Oak enjoys a family atmosphere in a warm and welcoming environment that offers a range of activities and social opportunities to stay active and build friendships. We'd love to show you around the Red Oak community. To schedule a tour or to answer any questions you may have, just give us a call @425-888-7108.



RESIDENCE OF NORTH BEND